

How does nerve damage affect my feet?

The nerves to your feet are the longest in your body and are the most affected by nerve damage. If you have damage to these nerves, you may not feel pain, heat, or cold in your legs and feet. You might not notice sores or injuries, which can become infected. If you have any sores on your feet, see your doctor right away. Prompt attention to any sore or infection on your toe or foot can prevent more serious problems with your toes, feet, or parts of your legs.

Remind your doctor to check your feet at every office visit. See your doctor at least once a year for a foot exam, or more often if you have foot problems.

Check your feet every day for problems. If you have problems with your feet, your doctor may send you to a foot doctor, called a **podiatrist**.

Read more in *Prevent diabetes problems: Keep your feet healthy* at www.diabetes.niddk.nih.gov.



Check your feet every day for problems.